WHAT IS CLAIMED IS:

- 1. A pair of data-specs comprising:
 - a pair of spectacles adapted to be worn on the face of a person; and
 - a projection unit coupled to the spectacles, the projection unit adapted to display data received from an information source.
- 2. The data-specs of claim 1 wherein the information source is a computer, and wherein the projection unit is adapted to display data from the computer.
- 3. The data-specs of claim 1 wherein the information source is a television set, and wherein the projection unit is adapted to display data from the television set.
- 4. The data-specs of claim 1 further comprising a motion sensor and a controller, the controller is adapted to receive an input from the motion sensor and to responsively disable or enable a receiver of the projection unit.

- 5. The data-specs of claim 1 wherein the projection unit is capable of wired communication with the information source.
- 6. The data-specs of claim 1 wherein the projection unit is capable of wireless communication with the information source.
- 7. The data-specs of claim 1 wherein an aspect ratio of the data displayed by the projection unit is 4:3.
- 8. The data-specs of claim 1 wherein the projection unit is adapted to display data, received from the information source, on a virtual screen.
- 9. The data-specs of claim 1 wherein a size of the virtual screen is a function of a focal length of a line of the projection unit.

- 10. The data-specs of claim 8 wherein a size of the virtual screen is a function of a size of an image-forming display panel of the projection unit.
- 11. The data-specs of claim 1 wherein the projection unit is configured to posess a resolution of at least 640×480 pixels.
- 12. The data-specs of claim 1 wherein the projection unit is battery powered.
- 13. The data-specs of claim 1 wherein the projection unit is configured to receive power from the information source.
- 14. The data-specs of claim 1 wherein the projection unit is solar powered.
- 15. The data-specs of claim 1 wherein the projection unit is adapted to receive data from a transmitter that is integral with the information source.

- 16. The data-specs of claim 1 wherein the projection unit is adapted to receive data from a transmitter that is separate from the information source.
- 17. The data-specs of claim 1 further comprising a heat deflector.
- 18. A method of forming a wearable device that displays data from an information source, the method comprising:
 - providing a pair of spectacles adapted to be worn on the face of a person; and
 - coupling a projection unit to the pair of spectacles, the projection unit adapted to display data received from an information source.
- 19. The method of claim 18 wherein the projection unit is capable of wired communication with the information source.

20. The method of claim 18 wherein the projection unit is capable of wireless communication with the information source.